

HORARIO ENTRENAMIENTOS GRUPALES

	LUNES			MARTES			MIÉRCOLES				JUEVES			VIERNES			SÁBADO		
	RACK	OCR	COP	RACK	OCR	COP	RACK	OCR	COP	PISTA	RACK	OCR	COP	RACK	OCR	COP	RACK	OCR	COP
7:00				7:00			7:00				7:00			7:00					
7:15	FUNCIONAL			7:15	FUNCIONAL		7:15	FUNCIONAL			7:15			7:15	FUNCIONAL				
7:30	07:15 OSCAR			7:30	07:15 ISA		7:30	07:15 ISA			7:30			7:30	07:15 MARCO				
7:45				7:45			7:45				7:45			7:45					
8:00				8:00			8:00				8:00			8:00					
8:15				8:15	OPOS		8:15				8:15	OPOS		8:15			8:15	FUNCIONAL	
8:30				8:30	HYROX		8:30				8:30	POLICIA		8:30			8:30	08:00 MARCO	
8:45				8:45	08:15 ISA		8:45				8:45	08:15 JESUS		8:45			8:45	08:15 JESUS	
9:00				9:00			9:00				9:00			9:00			9:00		FUNCIONAL
9:15				9:15			9:15				9:15			9:15			9:15		DEKA HYROX
9:30	OPOS			9:30	DEKA HYROX	SPARTAN	9:30	FUNCIONAL			9:30	DEKA HYROX	SPARTAN	9:30	OPOS		9:30	09:00 MARCO	FUNCIONAL
9:45	POLICIA			9:45	09:30 ISA	OCR	9:45	09:30 ISA			9:45	09:30 JESUS	OCR	9:45	POLICIA		9:45	09:30 JESUS	09:00 CRIS
10:00	09:30 OSCAR			10:00		JESUS	10:00				10:00		MARCO	10:00			10:00		
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10:30				10:30			10:30				10:30			10:30			10:30		DEKA HYROX
10:45	FUNCIONAL			10:45			10:45				10:45			10:45			10:45		10:15 CRIS
11:00	10:45 OSCAR			11:00			11:00				11:00			11:00			11:00		
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12:00				12:00			12:00				12:00			12:00			12:00		11:30 MARCO
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